

Role	Smoke Free Volunteer
Purpose	<p>To promote the Smoke Free Support across the Bradgate Unit, Bennion Centre and Herschel Prins Centre</p> <p>To provide support to the Smoke Free Service with 1:1 interventions and group work on the mental health inpatient wards</p> <p>The support will include providing behavioural support to patients who are wanting to manage their nicotine dependence through motivational interviewing techniques, providing information about support mechanisms including Nicotine Replacement Therapy, Vapes and medication treatments whilst being admitted to a mental health inpatient ward.</p>
Base	Bradgate Unit
Hours	Four Hours a week, minimum of 6 months
Reports to	Smoke Free Lead, Smoke Free Service
Benefits of this volunteer activity	<ul style="list-style-type: none"> <li>• To have an opportunity to gain experience working in a mental health inpatient setting and provide tobacco dependence support</li> <li>• To have an opportunity to develop new skills and knowledge in health promotion</li> <li>• To be part of a smoke free team and work alongside smoke free advisors, smoke free lead and other health and wellbeing teams</li> <li>• The volunteer ID badge will support you to have access to discounts and benefits</li> <li>• To have training and development opportunities within the role</li> </ul>
Exclusions	<p><b>Volunteers are not expected to be involved in any of the following:</b></p> <ul style="list-style-type: none"> <li>• Moving and handling of patients</li> <li>• Patients personal care</li> </ul>
Key tasks	<p>Tasks may include the following:</p> <ul style="list-style-type: none"> <li>• To provide behaviour change support to smokers, ex – smokers in 1:1 and group settings on the mental health wards across the Bradgate, Bennion, Herschel Prins Centre</li> <li>• To speak with people about smoking, Nicotine Replacement Therapy, withdrawals, managing triggers, barriers, and challenges, coping strategies</li> <li>• To work alongside Smoke Free Team including Smoke Free Lead and a group of Smoke Free Advisors</li> </ul>
Person Specification and Requirements	<ul style="list-style-type: none"> <li>• Good communication skills</li> <li>• Knowledge of tobacco dependence and mental health conditions</li> <li>• Able to follow instructions</li> <li>• Willingness to help and work to time targets</li> <li>• Punctual and reliable</li> <li>• Enthusiasm for working with people and supporting them to improve their well-being and recovery</li> <li>• Able to work independently and as part of a team</li> <li>• Comfortable working in a fast-paced environment</li> </ul>

	<ul style="list-style-type: none"> <li>• Commitment to uphold trust core values and NHS policies</li> </ul>
<p>Training and Support Needs</p>	<ul style="list-style-type: none"> <li>• Attend the Trust Induction (currently delivered by MSTeams)</li> <li>• Local induction and orientation</li> <li>• Core mandatory training</li> <li>• Any other training, as required</li> </ul> <p>An enhanced DBS is required for this role. This is processed free of charge for volunteers</p>
<p>COVID-19 Guidance</p>	<p>In line with current Government and Leicestershire Partnership Trust advice</p>